

## Mega Muffins

Makes: 12 or 48 servings

12 Serving	s 48	Servings

Ingredients     Weight     Measure     Weight     Measure       Milk, 1% (low-fat) or fat-free     1/2 cup     2 cups       Vegetable oil     1/4 cup     1 cup       Egg, beaten     1     4       Honey     1/4 cup     1 cup       Oats, old-fashioned, uncooked     1 1/2 cups     6 cups       Flour, white, enriched     1/2 cup     2 cups       Flour, whole wheat     1/2 cup     2 cups       Brown sugar, packed     1/4 cup     1 cup       baking powder     1 Tbsp     1/4 cup       Salt     1 tsp     4 tsp       Optional: blueberries or chopped apples, raisins or dried fruit, chopped nuts     1 cup     4 cups			O .		
free  Vegetable oil  1/4 cup  1 cup  Egg, beaten  1  Honey  1/4 cup  1 cup  Oats, old-fashioned, uncooked  Flour, white, enriched  1/2 cup  2 cups  Flour, whole wheat  1/2 cup  2 cups  Brown sugar, packed  1/4 cup  1 cup  baking powder  1 tsp  4 tsp  Optional: blueberries or chopped apples, raisins	Ingredients	Weight	Measure	Weight	Measure
Vegetable oil 1/4 cup 1 cup  Egg, beaten 1 4  Honey 1/4 cup 1 cup  Oats, old-fashioned, 11/2 cups 6 cups uncooked  Flour, white, enriched 1/2 cup 2 cups  Flour, whole wheat 1/2 cup 2 cups  Brown sugar, packed 1/4 cup 1 cup  baking powder 1 Tbsp 1/4 cup  Salt 1 tsp 4 tsp  Optional: blueberries or chopped apples, raisins	Milk, 1% (low-fat) or fat-		1/2 cup		2 cups
Egg, beaten 1 4 Honey 1/4 cup 1 cup Oats, old-fashioned, 1 1/2 cups 6 cups uncooked Flour, white, enriched 1/2 cup 2 cups Flour, whole wheat 1/2 cup 2 cups Brown sugar, packed 1/4 cup 1 cup baking powder 1 Tbsp 1/4 cup Salt 1 tsp 4 tsp Optional: blueberries or 1 cup 4 cups	free				
Honey 1/4 cup 1 cup  Oats, old-fashioned, 1 1/2 cups 6 cups uncooked  Flour, white, enriched 1/2 cup 2 cups  Flour, whole wheat 1/2 cup 2 cups  Brown sugar, packed 1/4 cup 1 cup  baking powder 1 Tbsp 1/4 cup  Salt 1 tsp 4 tsp  Optional: blueberries or chopped apples, raisins	Vegetable oil		1/4 cup		1 cup
Oats, old-fashioned, 1 1/2 cups 6 cups uncooked  Flour, white, enriched 1/2 cup 2 cups  Flour, whole wheat 1/2 cup 2 cups  Brown sugar, packed 1/4 cup 1 cup  baking powder 1 Tbsp 1/4 cup  Salt 1 tsp 4 tsp  Optional: blueberries or 1 cup 4 cups	Egg, beaten		1		4
uncooked  Flour, white, enriched  1/2 cup  2 cups  Flour, whole wheat  1/2 cup  2 cups  Brown sugar, packed  1/4 cup  1 cup  baking powder  1 Tbsp  1/4 cup  Salt  1 tsp  4 tsp  Optional: blueberries or chopped apples, raisins	Honey		1/4 cup		1 cup
Flour, white, enriched 1/2 cup 2 cups Flour, whole wheat 1/2 cup 2 cups Brown sugar, packed 1/4 cup 1 cup baking powder 1 Tbsp 1/4 cup Salt 1 tsp 4 tsp Optional: blueberries or 1 cup 4 cups chopped apples, raisins	Oats, old-fashioned,		1 1/2 cups		6 cups
Flour, whole wheat 1/2 cup 2 cups  Brown sugar, packed 1/4 cup 1 cup  baking powder 1 Tbsp 1/4 cup  Salt 1 tsp 4 tsp  Optional: blueberries or 1 cup 4 cups  chopped apples, raisins	uncooked				
Brown sugar, packed 1/4 cup 1 cup baking powder 1 Tbsp 1/4 cup  Salt 1 tsp 4 tsp  Optional: blueberries or 1 cup 4 cups chopped apples, raisins	Flour, white, enriched		1/2 cup		2 cups
baking powder 1 Tbsp 1/4 cup  Salt 1 tsp 4 tsp  Optional: blueberries or 1 cup 4 cups  chopped apples, raisins	Flour, whole wheat		1/2 cup		2 cups
Salt 1 tsp 4 tsp  Optional: blueberries or 1 cup 4 cups  chopped apples, raisins	Brown sugar, packed		1/4 cup		1 cup
Optional: blueberries or 1 cup 4 cups chopped apples, raisins	baking powder		1 Tbsp		1/4 cup
chopped apples, raisins	Salt		1 tsp		4 tsp
11 11	Optional: blueberries or		1 cup		4 cups
or dried fruit, chopped nuts					
	or dried fruit, chopped nut	S			

Key Nutrients	Amount	% Daily Value
Total Calories	170	
Total Fat	6 g	
Protein	4 g	
Carbohydrates	27 g	
Dietary Fiber	2 g	
Saturated Fat	1 g	
Sodium	268 mg	

## **Directions**

- 1. Preheat oven to 400° F.
- 2. Prepare muffin pans by oiling, spraying with cooking spray or using paper cupcake liners.
- 3. Combine milk, oil, egg and honey in a small bowl and mix.
- 4. Combine dry ingredients in a large bowl and mix.
- 5. Add wet ingredients to dry, mixing just until dry ingredients are moistened.
- 6. For plain muffins, skip ahead to step 8.
- 7. For fruit or nut muffins, fold in the optional ingredients for the variation you chose.
- 8. Fill greased or paper-lined muffin cups 3/4 full.
- 9. Bake in preheated oven for 15 to 18 minutes or until golden brown.

## Notes

Serving Tips:

Make these muffins in advance and serve them for snack or breakfast later in the week.